

SOME PAIN, LOTS OF GAIN AVAILABLE AT DSMC

*Healthy Students, Staff, and Faculty are
Becoming "Business as Usual" on
DSMC's Main Campus*

Collie J. Johnson

During our working careers, not many of us land the ideal job, suited for us in every way. Sgt. Terry Davis, USAF, Defense Systems Management College (DSMC) dreamed big, and with a little initiative on his part, got the job he's grown to love — Health, Fitness, and Sports NCO in DSMC's Wellness Center. Since then, Terry has elevated the Center to a level of excellence recognized and appreciated by the entire College. A true believer in physical fitness, he is interested in basketball and running, and works out in some manner every single day.

Equipment

As Director of the Center, Terry knows the equipment — no small feat in itself because DSMC provides students, faculty, and staff an array of exercise equipment many private clubs would envy. Two types of equipment, according to Terry, are the most popular — the STARTRAC treadmills and Life Step machines. By no means left unused are other favorites such as the Nordic Tracks, Life Cycles, Climbers, and Cybex Hip Abductors/Adductors. For those who lift weights, the Center boasts several Nautilus machines as well as free weights.

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In addition to instructing on and managing the Center's equipment, Terry coordinates several aerobics classes each week from low-impact, step, toning, and slimming, to actual high-impact aerobics. Depending on the class, DSMC's five certified aerobics instructors offer a wide variety of exercises and options. For those who want to "do their own thing," the Center offers a specially equipped aerobics room, television, and VCR for those who want to use their own video exercise tapes.

Health Assessment

Terry also maintains the College's physical training (PT) records for military students, and keeps track of each Service's physical training requirements, as well as scheduling required PT tests. As a part of that training, he also coordinates and conducts health assessments at the beginning and end of each Program Management Course. Popular with students and faculty, these assessments measure blood cholesterol, glu-

Photo by Richard Mattox



A. Sgt. Terry Davis, USAF, Health, Fitness and Sports NCO, DSMC, provides instruction on Center equipment.

B. Donald Snyder, Intermediate Systems Acquisition Course.

C. Maj. Freeda Ostio, USAF, PMC 95-1.

D. Ed Durr, PMC 95-1.

E. Lt. Col. Louise Guida, USAF, PMC 95-1.

F. Comdr. Terry Briggs, USN, PMC 95-1.

cose levels, and blood pressure — often warning individuals of serious health risks.

Not for Men Only

Cleaning up after a workout is no problem. “We have both men’s and women’s locker rooms,” Terry empha-



Photos by Ed Boyd unless otherwise noted.

B.



C.



E.



F.

sized, “and you’ll never encounter less than a high standard of hygiene in our locker rooms. If anyone is concerned about coming into a wet, dingy locker room, they will not find that here.” Daily-use lockers are provided for temporary storage, and such amenities as a hair blower and several electrical outlets provide the means to use curling irons or personal hair blowers.

Physical Fitness — A Way of Life

The rewards to Terry’s job are more than a paycheck and a great place to work. According to Terry, when people come to him for advice on exercise and losing weight, “it’s extremely gratifying to see them follow that advice and achieve fitness along with their weight-loss goals.” Such comments as “Hey Terry, my cholesterol has gone down,” “I feel good, man” or “check this out, I lost weight” are common at the completion of a course.

No Pain, No Gain

Terry believes a lot of people do not exercise regularly because, by nature, people do not like pain. If they experience any kind of discomfort while working out, they do not come back, and therefore put themselves at risk for several diseases related to a sedentary lifestyle. Dedication and commitment, he believes, are the cornerstones

of starting and sticking to any exercise program. As a caveat to his remarks, Terry cautioned that a complete physical examination should be completed before beginning any exercise program.

Stick-to-It-iveness

Terry’s personal philosophy on physical fitness reflects the way he approaches life: “To start an exercise program and stick to it requires sheer commitment, determination and belief that once you start a program, that you are going to see it through, all the way.”

“...a lot of people do not exercise regularly because, by nature, people do not like pain...”

Sgt. Terry Davis, USAF

“I’ve been working with weights since I was 13, and I must tell you the Center has every type of equipment needed to maintain a high level of physical fitness, be it weights, bicycles, treadmills, or whatever.”

Lt. Col. Louise Guida, USAF

“The College makes it easy for a person to stay in shape. It’s gratifying to have the Center right on the College campus — and the array of exercise equipment is also a big plus.”

Donald Snyder

“I like to eat, so working out isn’t an option for me. It’s a must. The College certainly provides everything I need to stay fit.”

Lt. Col. Sharon Holmes, USA

Editor’s Note: The DSMC Wellness Center is restricted to students, faculty, and staff.